

# DID YOU WASH YOUR HANDS?



AFTER USING THE TOILET

AFTER TOUCHING MONEY

AFTER PLAYING WITH A PET



BEFORE PREPARING, TOUCHING OR EATING FOOD

AFTER SNEEZING, COUGHING OR BLOWING YOUR NOSE



Wash your hands with soap and water for 15-20 seconds.  
This is about how long it takes to sing the "ABC" song  
one time or the "Happy Birthday" song two times



FLORIDA DEPARTMENT OF  
**HEALTH**  
Miami-Dade County Health Department